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Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Tuesday, November 18, 2025

Love in each moment

This is a teaching on the "the moment contains love" and "catalyst" in the Law of One.

In the Law of One (Ra Material), a moment that contains love and catalyst refers to the idea that every moment of experience—without exception—contains both an opportunity to perceive love and an opportunity for spiritual growth (catalyst).

Here's a clear description of that moment:

✸ "The Moment Contains Love"
Ra teaches that love is the fundamental vibration of creation, always present, even in situations that appear neutral, painful, or confusing.

Love is not just affection—it is the primal creative energy, the Logos, the intelligent pattern that underlies all things.

When Ra says, "In truth there is no moment that does not contain love", it means that every moment offers a chance to recognize unity, compassion, connection, or meaning, even if subtly.

In practice, this means:

A difficult moment can be seen with empathy.

A mundane moment can be appreciated with gratitude.

A joyful moment reveals the harmony of existence.

🔥 Catalyst: The Engine of Growth
In the Law of One, catalyst is any experience—internal or external—that stimulates spiritual evolution.

Catalyst often shows up as:

Emotional reactions

Challenges

Relationships

Fear, frustration, or desire

Beauty or inspiration

The purpose of catalyst is to serve as raw material for transformation, to be processed by the mind and balanced by the heart.

❤ + 🔥 When Love and Catalyst Meet
A moment that contains both love and catalyst is one in which:

1. A situation arises that triggers you (catalyst)
…but

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Chris Comish

Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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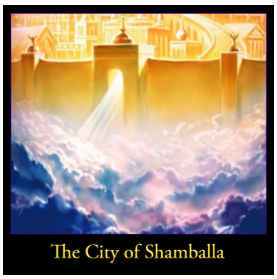

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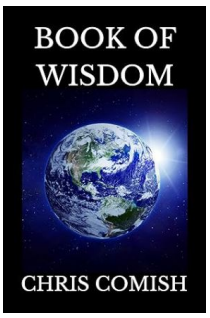

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2. You have the opportunity to interpret or respond with love (unity awareness)
Examples:

Someone criticizes you → Catalyst.
You choose to respond with understanding → Love.

Anxiety arises internally → Catalyst.
You treat yourself gently and adjust your perspective → Love.

You witness suffering → Catalyst.
You feel compassion or take supportive action → Love.

In such moments, the experience becomes a gateway to higher consciousness, because:

Catalyst exposes distortion (separation).

Love offers the path to reintegrate with unity.

🔗 The Essence of the Teaching
A "moment that contains love and catalyst" is the living intersection between what challenges you and what frees you.

It is the point where:

The illusion of separation meets the truth of unity

A trigger becomes a teacher

Ordinary life becomes spiritual practice

This is how, according to Ra, the soul evolves through the density of choice.

Read about the Law of One here http://www.lawofone.info

- November 18, 2025

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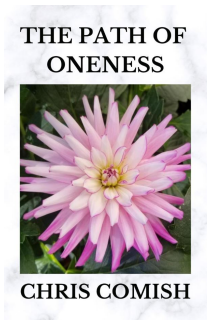

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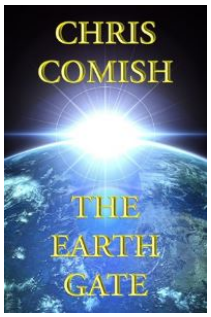

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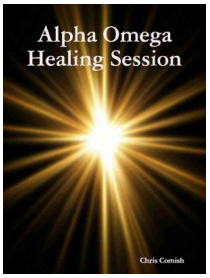

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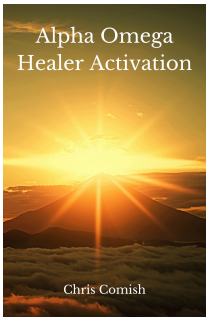

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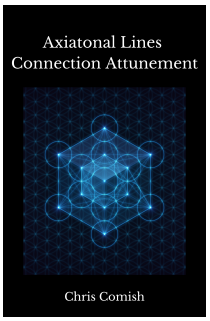

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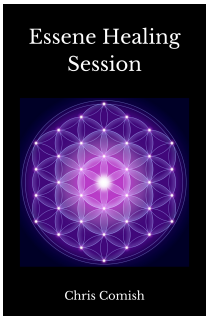

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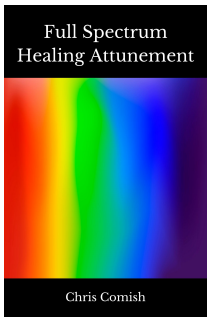

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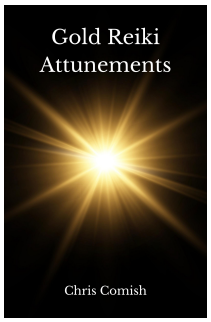

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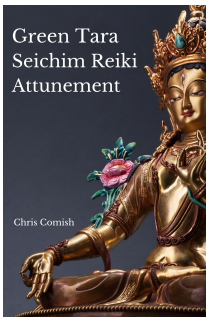

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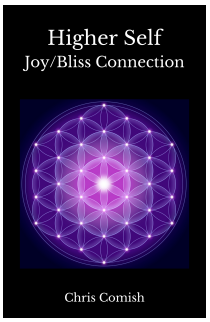

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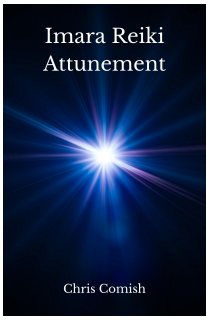

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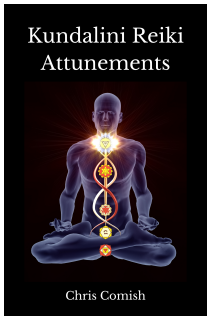

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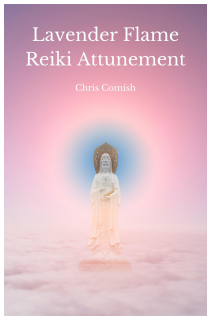

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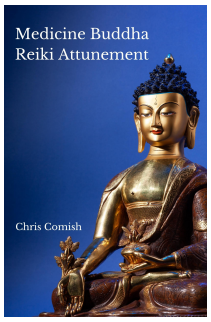

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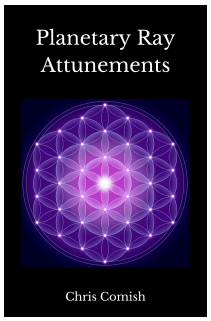

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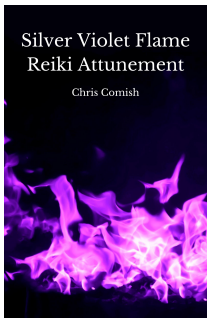

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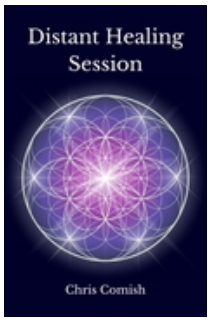

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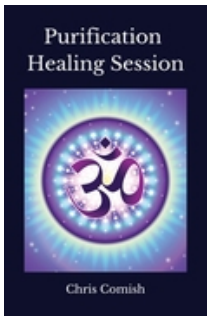

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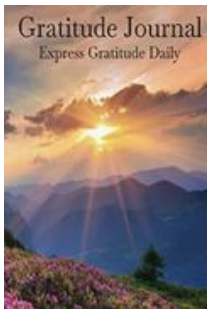

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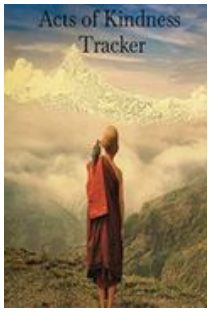

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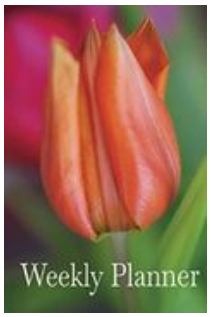

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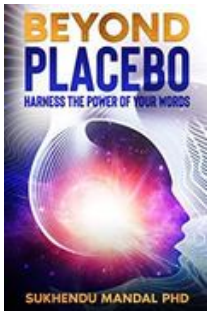

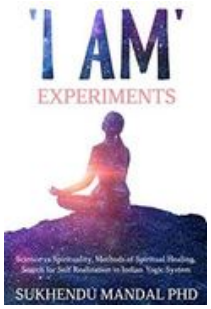

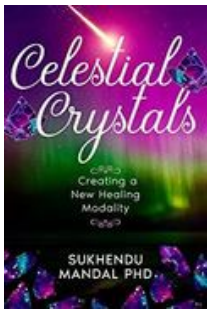

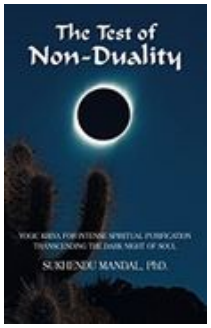

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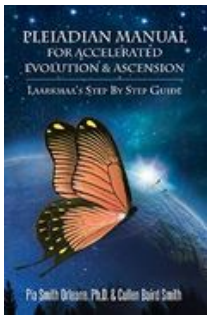

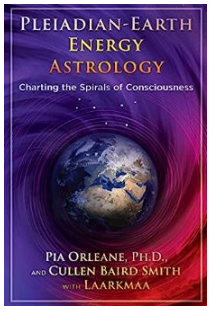
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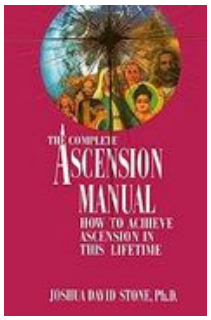
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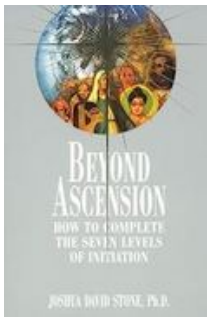
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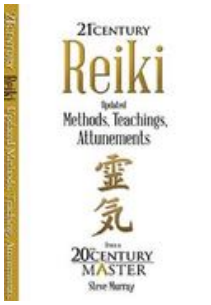
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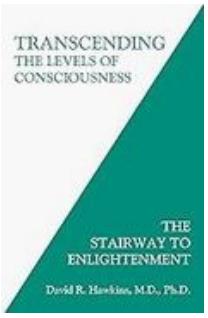
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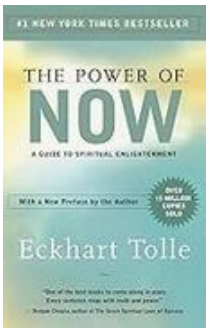
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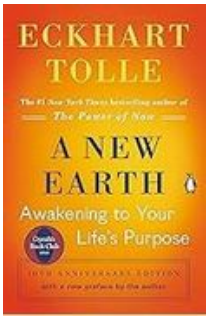
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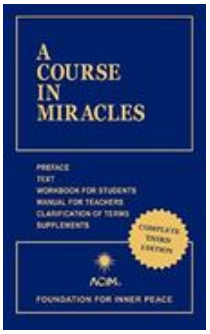
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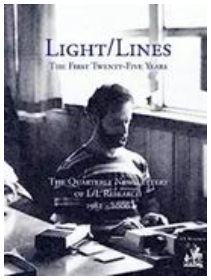
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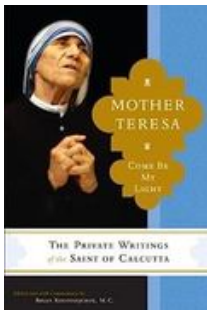
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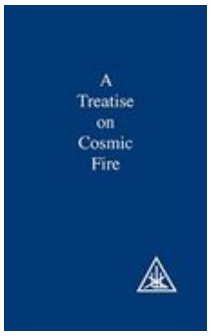
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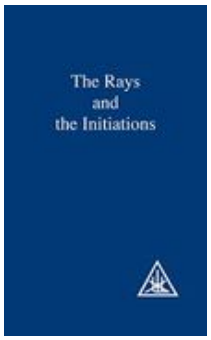
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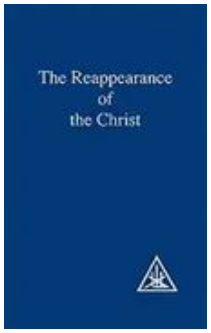
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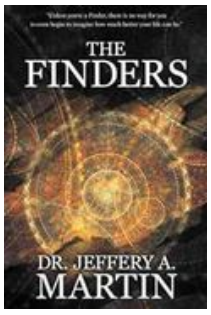
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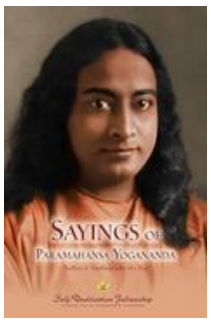
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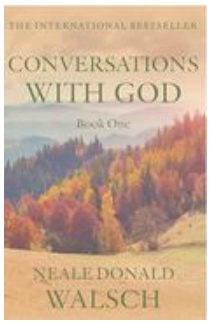
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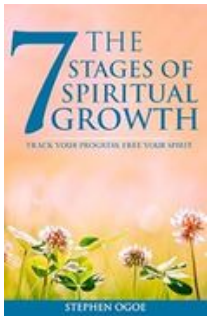
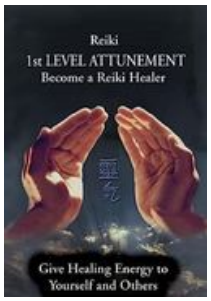
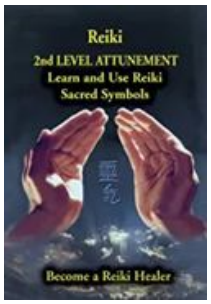
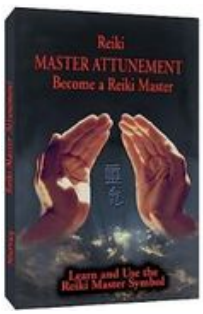
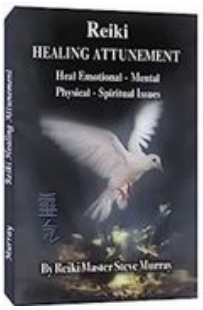


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









Forum - The City of Shamballa Social Network

- The Real Meaning Of Christmas - The Song Of Light Returning
- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

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Faith/Will

God is within

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Equanimity

Karmic loops

Love in each moment

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